

Amendments to the Claims:

Please amend claims 5, 7 and 8 as follows. Please cancel claims 1-4, 6, 9, 10 and 23-41 without prejudice to continued examination. The claims and their status are shown below.

1-4. (Canceled)

5. (Currently Amended) A composition comprising ~~a mixture of a glycine, an insulin, an insulin mimic or an insulin action modifier, and a)~~ a composition comprising an amino acid or an active derivative thereof selected from the group consisting of a beta-alanine, an ester of a beta-alanine, and an amide of a beta-alanine or b) a chemical derivative of beta-alanine and a di-peptide selected from the group consisting of comprising a beta-alanine di-peptide and a beta-alanylhistidine di-peptide.

6. (Canceled)

7. (Withdrawn—Currently Amended) The composition of claim 5 [[6]], wherein the beta-alanylhistidine dipeptide comprises a carnosine, an anserine or a balenine.

8. (Currently Amended) The composition of claim 5, further comprising at least [[a]] creatine or a carbohydrate.

9-10. (Canceled)

11. (Original) The composition of claim 5, wherein the composition is a pharmaceutical composition.

12. (Original) The composition of claim 5, wherein the composition is a dietary supplement or a sports drink.

13. (Original) The composition of claim 12, wherein the dietary supplement or sports drink is a supplement for humans.

14. (Withdrawn) A composition comprising at least 0.2, 0.3, 0.4, 0.5, 1.0, 1.5, 2.0, 2.5, 3.0, 3.5, 4.0, 4.5 or 5 grams of a peptide or an ester comprising a beta-alanine.

15. (Withdrawn) A composition comprising at least 0.2, 0.3, 0.4, 0.5, 1.0, 1.5, 2.0, 2.5, 3.0 grams of a peptide or an ester comprising a beta-alanine in an injectable form.

16. (Withdrawn) The composition of claim 14 or claim 15, wherein the peptide comprises a beta-alanylhistidine dipeptide.

17. (Withdrawn) The composition of claim 16, wherein the beta-alanylhistidine dipeptide comprises a carnosine, an anserine or a balenine.

18. (Original) A composition for humans comprising at least 200, 250, 300, 450, 500, 550, 600, 650, 700, 750 or 800 mg of a beta-alanine.

19. (Original) The composition of claim 18, wherein the composition is formulated in an ingestible or an injectable formulation.

20. (Original) The composition of claim 19, wherein the ingestible formulation is a drink, a gel, a food or a tablet.

21. (Withdrawn) The composition of claim 18, wherein the peptide comprises a beta-alanylhistidine dipeptide.

22. (Withdrawn) The composition of claim 20, wherein the beta-alanylhistidine dipeptide comprises a carnosine, an anserine or a balenine.

23-41. (Canceled)